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Revealing Failure as the Path to Success

Success Through Failure Podcast

Action Plan Episode #377

10 Ways to Manage Your Energy for Peak Performance

Are there certain times of the day when you're just locked in and others when you're distracted by watching squirrels out the window?

Do you want to show up every day at the top of your game— focused, productive, and locked in? Then this episode is for you.

In this episode, I talk about the 10 critical tactics that you can use to maintain high energy so that you can get the most out of your day.

You may have heard or read about this being talked about out there on the interwebs but I'm going to give you my version and what works for me and the [Pathfinder community](#) who my team and I coach.

Keep in mind that this will be a success through failure process for you. You will try things and fail— but you'll also learn and improve. The important thing is you take action by tuning in to this episode. So hit play now!

Top Quotes From This Episode

"That's how we learn to manage our energy— we learn from failures. We learn what's not working so that we can discover what is working so that you can be focused and be productive and you can be locked in."

"What are you putting into your body? If you're putting crap food in, you're not going to be performing at your best."

"Exercise is such a core habit. If you could list all the positive side effects of exercise and put that into a pill, everybody would buy it. You'd be a billionaire instantly because there are so many positive side effects to exercise."

"Make sure you're figuring out how you can exercise consistently. Figure out what works for you. You don't have to do the same thing that the next person's doing just because that's what the guru said to do."

"Identify what works for you and make it a routine."

Show Notes

This episode touches on the following key topics and ideas:

- **In this episode... (0:31):** Learn how to manage your energy using strategies that work for you.

10 Ways to Manage Your Energy for Peak Performance

1. **Nutrition (2:49):** What are you putting into your body? If you're only consuming unhealthy food, then you're not going to be able to perform at your best.
2. **Exercise (6:06):** Exercising helps your body release good chemicals into your bloodstream, which provide you with higher energy so you can be more productive and focused throughout the day.

Figure out a routine that works for YOU. Check out [Kathleen Trotter's](#) book, "Find Your Fit" and discover the exercise that fits you.

3. **Sleep (7:25):** If there's one thing that can help you manage your energy best, it's sleep— which is also the third [core habit](#) along with nutrition and exercise.

It's so critical that you get to bed on time because if you get to bed on time, you wake up on time, and you get a good amount of sleep.

4. **Get outside (8:34):** If you're stuck in your four walls or in your cubicle all day long, get outside and get fresh air.
5. **Phone vs Zoom (9:01):** Constantly doing video calls is fatiguing, so sometimes switch to phone calls. It'll give you the opportunity to be up, walk, and move around.
6. **Change locations (9:46):** Find different ways to change your location and get into a different environment. This will help you manage your energy better and be at peak energy when you need it.

If you're working from home, sometimes go work in the kitchen or go sit on the couch or get out and go to a coffee shop or a co-working space.

7. **3 burpees (10:31):** I don't know what your magic number is, but for me, three burpees get my body moving and just improve my energy.

Or maybe you can find a five or 10-minute stretching YouTube video that you can follow for a good midday stretch.

8. **Power naps (12:11):** Recharge by taking a 15-minute nap. They say anything longer than 20 or 25 minutes will get you into a deeper sleep.

- 9. Schedule your day (13:35):** Schedule cognitive tasks when you feel most alert. Me, I always enjoy having a larger block of time in the mornings when I can do cognitive tasks that require more energy.
- 10. Routines (14:04):** Identify what works and make it a routine. Figure out what works and what doesn't work, and take action on those.
- **What did I miss? (15:36):** What are some things that you do to manage your energy? Share them on social media, tag me, and use the hashtag #STFpod.
 - **Facebook:** [@jimharshawjr](#)
 - **Twitter:** [@jimharshaw](#)
 - **Instagram:** [@jimharshawjr](#)
 - **LinkedIn:** [Jim Harshaw, Jr.](#)
 - **Bonus tip! (16:09):** Track your energy throughout the day. Do this for a week and notice the ups and downs of your energy pattern and adjust your routine accordingly.

List of Resources Mentioned in the Episode

Kathleen Trotter's book, ["Finding Your Fit: A Compassionate Trainer's Guide to Making Fitness a Lifelong Habit"](#)

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Other Episodes Referenced

[#232 How To Identify And Execute Your Core Habits Consistently So You Can Find Success and Maximize Your Potential](#)

[#347 A New Approach to Fitness and Nutrition that Helps People Get and Stay on Track with Kathleen Trotter](#)